

MRSA Guidelines for School ATHLETICS

Equipment Sanitation Procedures

In order to maintain proper sanitary conditions within your athletic facilities and to prevent the outbreak of Methicillin-resistant Staphylococcus aureus (MRSA) and other harmful infections, the following procedures should be in place.

**The individual(s) responsible for cleaning and disinfecting the area should adhere to Universal Precautions at all times and wear personal protective equipment (PPE) as needed*

Treatment / Taping Tables, Weight Room / Rehabilitation Equipment, Countertops, Stools, etc.

1. All equipment must be cleaned everyday and/or following a possible contamination using a disinfectant.
 - Pour disinfectant into the spray bottle.
 - A 1:10 diluted bleach solution can be used to clean hard surfaces only (change bleach solution daily, if kept in sun, solution should be changed every 4 hours)
2. Clean / Disinfect tables, equipment, countertops, stools, etc. in the following manner:
 - Spray the disinfectant solution on the surface to be cleaned;
 - Allow the solution to sit on the surface for three (3) minutes; and
 - Wipe down the surface with a clean towel.



Coolers

1. Coolers must be cleaned and disinfected every day following use, or as needed following every possible contamination using a diluted solution of household dishwashing detergent or other appropriate cleaner.
2. Coolers are to be cleaned in the following manner:
 - Squirt the detergent solution inside and outside the cooler and inside and outside of the cooler's top or lid.
 - Partially fill the cooler with hot water.



- Use a designated scrub brush to thoroughly scrub the inside and outside of the cooler and the inside and outside of the cooler's top or lid.
- Allow the soapy solution to circulate through the cooler spigot and use a 6" cotton-tipped applicator to clean the spigot.
- Thoroughly rinse the cooler and cooler's top or lid using hot water.
- Allow the hot water to circulate through the cooler spigot for rinsing.
- Coolers should be allowed to air dry.
- Store coolers upside down in designated storage area(s). Cooler tops / lids should be stored standing up in designated area(s).

Water Bottles, Water Bottle Lids & Carriers, Pouring Pitchers, etc.

1. Water bottles, water bottle lids and carriers, pouring pitchers, etc. must be cleaned and disinfected every day following use, or as needed following every possible contamination using a diluted solution of household dishwashing detergent or other appropriate cleaner.
2. Water bottles, water bottle lids and carriers, pouring pitchers, etc. are to be cleaned using the "three-sink" system:
 - Fill Sink 1 (or Cooler 1) with a soapy solution of dishwashing detergent or other appropriate cleaner and hot water.
 - Fill Sink 2 (or Cooler 2) with hot water only.
 - Fill Sink 3 (or Cooler 3) with a 1:10 ratio of bleach to warm (not hot) water to sanitize.
 - Submerge the water bottles, water bottle lids and carriers, pouring pitchers, etc. in Sink 1 (or Cooler 1).
 - Use assigned brush to thoroughly scrub the inside and outside of the water bottles, water bottle lids and carriers, pouring pitchers, etc.
 - Submerge the water bottles, water bottle lids and carriers, pouring pitchers, etc. in Sink 2 (or Cooler 2).
 - Thoroughly rinse all items with hot water.
 - Submerge the water bottles, water bottle lids and carriers, pouring pitchers, etc. in Sink 3 (or Cooler 3) to sanitize.
 - Store water bottles upside down in cleaned carriers and place the carriers in the designated area(s)
 - Store water bottle lids in a designated container marked for lids.
 - Store pouring pitchers upside down in designated storage area(s).



Game Ready Attachments

1. Game Ready attachments must be cleaned / disinfected following every use.
2. Game Ready attachments are to be cleaned using proper disinfectant.

- Pour disinfectant into the spray bottle.
- Clean / Disinfect Game Ready attachments in the following manner:
- Spray the disinfectant solution on the inner surface of the Game Ready attachment;
- Allow the solution to sit for three (3) minutes; and
- Wipe down the Game Ready attachment with a clean towel.

Towels

- Cloth towels should only be used on a single person and should be laundered following every use.
- Disposable towels should be used whenever feasible on the field / court and should be disposed of after a single use.

Hydrocollator Packs & Covers

- A clean cloth and/or disposable towel should be placed between the person and the hydrocollator pack / cover.
- Hydrocollator covers should be laundered every day and/or following a possible contamination.



Soft Goods

- Soft goods (e.g. neoprene braces / sleeves, knee / elbow / forearm / shin pads, splints, lace-up ankle braces, shoulder harnesses, walking boot liners, cast shoes, back braces, etc.) should be laundered upon return to the athletic training facility BEFORE being returned to inventory and/or administered to another student athlete.
 - Soft goods that cannot be laundered (e.g. Philadelphia collars, Donjoy Velocity ankle braces, Aircast ankle braces, hard splints, etc.) should be disinfected using the aforementioned guidelines for treatment / taping tables, weight room / rehabilitation equipment, etc.

Whirlpools

1. Whirlpools shall be cleaned following every single use;
2. Whirlpools are not to be used by student-athletes with open or draining wounds;
3. Whirlpools are to be cleaned using disinfectant approved by the State Medical Board.
4. Whirlpools are to be cleaned in the following manner:
 - Spray the whirlpool cleaner in and around the sides of the whirlpool;
 - Allow the whirlpool cleaner to sit for five (5) minutes;

- Using a long-arm brush and hot water, scrub all surfaces of the whirlpool, including the bottom, sides, turbine, etc.
 - Rinse the tank very well with hot water and allow it to drain;
 - Air dry;
5. Whirlpool turbines are to be cleaned using household bleach or ammonia by allowing the bleach or ammonia solution to circulate through a running turbine with hot water for ten (10) minutes.
- DO NOT use bleach and ammonia at the same time as this will create harmful / hazardous fumes.

Chemical Controlled Hydrotherapy Pools (Swimex, spas, etc.)



- Chemical controlled hydrotherapy pools must be monitored on a daily basis as per State of Ohio Regulations.
- All monitoring and water chemistry must be recorded as per State of Ohio regulations.
- Chemical controlled hydrotherapy pools should be “shocked” on a weekly basis and/or as needed.
- Chemical controlled hydrotherapy pools should be vacuumed and the water-line scrubbed every other day and/or as needed.
- Chemical controlled hydrotherapy pools should be drained, thoroughly cleaned, waxed and polished, and refilled as per the manufacturer’s directions at the end of every semester and/or as needed.

Ice Baths / Ice Packs / Ice Towels

Ice is a major carrier of bacteria, viruses and toxins. It is important to keep the ice used during practice and competitions clean and free from exposure to dirt and open wounds.



1. Ice baths should only be used on a single person and should be cleaned and sanitized after each use.
2. Ice packs that are stored in a sealed plastic bag should be wrapped in a clean towel before each use. Discard disposable plastic bags at end of the day. If using a multi-use durable plastic ice pack, discard ice and clean using guidelines for water bottles.
3. Ice towels should only be used on a single person and should be laundered following every use. Clean ice towels may come from the same ice bucket.